

## *What to expect with* **BIRTH CONTROL PILLS**



### *Do birth control pills have side effects?*

Birth control pills have female hormones that are a lot like the hormones your body makes.

Because of these hormones, you may have some of these changes when you take birth control pills:

- ◆ Feeling of being sick to your stomach (nausea)
- ◆ Weight changes
- ◆ Sore or full breasts
- ◆ Spotting or a little bleeding between periods
- ◆ Headaches
- ◆ Sad or nervous feelings
- ◆ Feel tired (more than usual)

### *Nausea (Feeling sick to your stomach)*

When you first take birth control pills, you may have some feelings of being sick to your stomach. This will pass after 2 to 3 months. Many women take their pill with food before they go to bed at night to solve this problem.

### *Weight changes*

Because they have female hormones, birth control pills cause some women to gain a few pounds when they take birth control pills.

After the first few months, the amount of weight gained appears to depend on the person taking the pills.

Some women may gain no weight while others may gain some weight. It is important to control your weight by having a good diet and regular exercise.

### *Sore or full breasts*

Women who take birth control pills may have sore or full breasts. Often, this happens during the first few days after you start taking pills from a new pack. Some women have this problem all the time or not at all.

If the fullness in your breasts hurts too much, try wearing a sports bra or a bra that gives you extra support.

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## *What to expect with Birth Control Pills*

### *What other side effects could I have?*

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Like the female hormones your body makes, birth control pills can cause you to feel changes in your body. Most of the time, these changes will not hurt you.

- ◆ Headaches
- ◆ Nervous or sad feelings
- ◆ Upset stomach
- ◆ Sore breasts
- ◆ Dizziness
- ◆ Tired feeling

Most women do not have many problems when they take birth control pills. If you have any questions or concerns, call and talk with us.

### *What do I need to know about taking birth control pills?*

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Birth control pills are a good choice for many women. Most women do not have many problems when they take birth control pills.

**Remember:** In order for birth control pills to work, you must start your pills at the right time and take your pills at the same time each day.

### *What do I do if I want to get pregnant?*

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Taking birth control pills does not hurt your chances of getting pregnant later. If you decide that you want to become pregnant, simply stop taking the pills.

When women stop taking birth control pills, some get pregnant within a few months and almost all women get pregnant within one year. This is the same whether you have taken birth control pills for a long or short time.

#### ***If you have concerns or questions:***

**Call** \_\_\_\_\_

**Telephone Number** \_\_\_\_\_

**Your next visit is on**

Birth control pills do not protect you from AIDS or other diseases you can get when you have sex.  
Use a latex condom to protect yourself.